Multimedia Appendix 7: A breakdown of the components of the revised Move More Pack

Review of the revised Move More Pack against the theoretical constructs of the social cognitive theory (SCT), the theory of planned behavior (TPB), and a review of the behavior change techniques (BCTs) used.

Component of the revised		Section	Theoretical	BCT ^{a,b}
Move More Pack		heading(s)	constructs	
Printed resou	rce			
	Guide to	Why get active?	TPB ^c Behavioral	Instructions on how to perform the
	becoming		beliefs, normative	behavior; credible source
	active		beliefs	
			SCT ^d - Facilitation	
		Case studies	TPB- Behavioral	Information about health and
			beliefs; normative	emotional consequences;
			beliefs; motivation	social comparison; salience of
			to comply; control	consequences
			beliefs, perceived	
			power	
			SCT- Self-efficacy;	
			observational	
			learning, outcome	
			expectations	
		Questions to help	TPB- Evaluations	Comparative imagining of future
		you get started	of behavioral	outcomes; commitment; social
			outcomes,	support (practical); pros and cons;
			perceived power	credible source
			SCT- Self-efficacy	
			and outcome	
			expectancy	
		Simple ways to	TPB- Control	Instructions on how to perform the
		be more active;	beliefs, perceived	behavior; problem-solving; credible
		which activities	power	source
		are right for you?	SCT- Self-efficacy;	
		Physical activity	collective-efficacy,	
		in your area	facilitation	

Ten top tips	TPB- Evaluations	Goal-setting (behavior); self-
Ten top ups	of behavioral	
		monitoring of behavior; problem-
	outcomes; control	solving; social support (practical);
	beliefs, perceived	habit formation; nonspecific reward;
	power	credible source
	SCT- Self-efficacy;	
	collective-efficacy;	
	outcome	
	evaluation;	
	incentive	
	motivation,	
	facilitation	
How to set goals	TPB- Control	Goal-setting (behavior or outcome);
	beliefs and	problem-solving; credible source
	perceived power	
	SCT- Self-efficacy;	
	collective-efficacy;	
	self-regulation,	
	facilitation	
Track your	TPB- Evaluation of	Goal-setting (behavior or outcome);
progress; my	behavioral	commitment; self-monitoring of
activity diary	outcomes; control	behavior; monitoring of emotional
	beliefs, perceived	consequences; credible source; self-
	power	reward
	SCT- Self-efficacy;	
	collective-efficacy;	
	self-regulation;	
	incentive	
	motivation,	
	facilitation	
Action plan	TPB- Evaluation of	Action-planning; goal-setting
	behavioral	(behavior or outcome);
	outcomes; control	commitment; self-reward; social
	beliefs, perceived	support (practical); credible source

		power	
		SCT- Self-efficacy;	
		collective-efficacy;	
		self-regulation,	
		facilitation	
Physical	Why be more	TPB- Behavioral	Framing or reframing; information
activity	active? Being	beliefs; normative	about health and emotional
and cancer	active before	beliefs; motivation	consequences; salience of
booklet	treatment; being	to comply, control	consequences; information about
(inserted)	active during	beliefs	others' approval; credible source
	treatment;	SCT- Outcome	
	reducing side	expectations	
	effects; being		
	active after		
	treatment;		
	advanced cancer		
	and physical		
	activity		
	How much	TPB- Behavioral	Information about health and
	activity is	beliefs; normative	emotional consequences; salience of
	recommended?	beliefs; motivation	consequences; information about
	How much	to comply,	others' approval; credible source
	activity is right	perceived power	
	for you? What	SCT- Self-efficacy;	
	types of activity	outcome	
	should you do?	expectations	
	Being safe	TPB- Behavioral	Information about health and
		beliefs; control	emotional consequences; credible
		beliefs, perceived	source
		power	
		SCT- Self-efficacy;	
		outcome	
		expectations	

	Getting started;	TPB- Normative	Instructions on how to perform the
	what activities	beliefs; control	behavior; credible source
	are near you?	beliefs, perceived	
	Next steps and	power	
	who can help?	SCT- Facilitation	
Activity	(1) Activities of	TPB- Behavioral	Information about health
leaflets	daily living; (2)	beliefs; control	consequences; credible source
(inserted)	Gardening; (3)	beliefs, perceived	
	Swimming; (4)	power	
	Walking; (5)	SCT- Outcome	
	Getting back into	expectations,	
	sport	facilitation	
Pull-out	Record your	TPB- Behavioral	Self-monitoring of behavior; salience
wall chart	daily	beliefs; evaluation	of consequences; information about
and fridge	achievements	of behavioral	others' approval; prompt or cue; self-
magnet		outcomes; control	reward; credible source
(inserted)		beliefs, perceived	
		power	
		SCT- Self-efficacy;	
		collective-efficacy;	
		self-regulation,	
		facilitation	
DVD ^e	Move More DVD	TPB- Behavioral	Instructions on how to perform a
(inserted)		beliefs; evaluation	behavior; information about health
		of behavior	consequences; information about
		outcomes;	emotional consequences;
		normative beliefs;	demonstration of the behavior; social
		control beliefs,	comparison; information about
		perceived power	others' approval; graded tasks;
		SCT- Self-efficacy;	credible source
		observational	
		learning; outcome	
		expectations;	
		Facilitation,	

			reciprocal	
			determinism	
			acteriminom	
Internet-base	ed tools			
	Online	Talk about being	TPB- Normative	Social support (practical)
	forum	active	beliefs	
			SCT- Observational	
			learning,	
			facilitation	
	Online	Ask the physio	TPB- Normative	Information about others' approval;
	forum		beliefs	social support (practical)
			SCT- Observational	
			learning,	
			facilitation	
	Digital	Apps to help you	SCT- Facilitation	Self-monitoring of behavior
	apps	get active		
	Order a	Order a	SCT- Facilitation	Self-monitoring of behavior
	pedometer	pedometer		
	Find	Activities near	TPB- Control	Not applicable
	activities	you	beliefs	
	near you		SCT- Facilitation	
	Video case	Hear personal	TPB- Behavioral	Information about health and
	studies	stories	beliefs; normative	emotional consequences;
			beliefs; motivation	social comparison; salience of
			to comply; control	consequences
			beliefs, perceived	
			power	
			SCT- Self-efficacy;	
			observational	
			learning, outcome	
			expectations	

DVD	Watch our	TPB- Behavioral	Instructions on how to perform a
(Web-	exercise DVD	beliefs; evaluation	behavior; information about health
based)		of behavior	consequences; information about
		outcomes;	emotional consequences;
		normative beliefs;	demonstration of the behavior; social
		control beliefs,	comparison; information about
		perceived power	others' approval; graded tasks;
		SCT- Self-efficacy;	credible source
		observational	
		learning; outcome	
		expectations;	
		Facilitation,	
		reciprocal	
		determinism	

^aBCT: behavior change technique.

 ${}^{\text{b}}\text{BCTs}$ selected from the BCT taxonomy version 1.

^cTPB: theory of planned behavior.

^dSCT: social cognitive theory.

^eDVD: digital versatile disc.